



Through compassion and understanding of the family disease of addiction, the **OASIS Community Center** provides education, support, comfort, and healing to people who have experienced substance-related loss, as well as families and friends impacted by a loved one's active substance use.



Funding provided in partnership with the County of Northampton  
Department of Human Services Drug & Alcohol Division.



The OASIS Community Center is an initiative of  
Speak Up for Ben, Inc., a 501(c)(3) nonprofit corporation.



## Who We Are

### About Us

By serving families and friends impacted by a loved one's substance use conditions, the OASIS Community Center (an initiative of Speak Up for Ben, Inc.) seeks to have a positive, exponential impact on the Lehigh Valley.

The public health crisis of Substance Use Disorder (SUD) results in the social breakdown of individuals and families. Research has shown that people in SUD recovery have a stronger rate of success when their families and friends—their support system—get healthier and receive support themselves.

The grief caused by SUD deaths triggers guilt, shame, and feelings of seclusion to those who have been touched by it. By coming out of the darkness of isolation and into the light of community, we can heal and strengthen the recovery of those with SUD and their families.

### Contact Us

484.747.6825

[info@oasisbethlehem.org](mailto:info@oasisbethlehem.org)

[oasisbethlehem.org](http://oasisbethlehem.org) | [speakupforben.org](http://speakupforben.org)

Facebook @ [oasisbethlehem](https://www.facebook.com/oasisbethlehem)

Drop-in hours: 12:00 to 5:00 pm, Monday through Friday

We are also available by appointment.

**OASIS COMMUNITY CENTER**

3410 Bath Pike

Bethlehem, PA 18017

Rhonda Miller, CFRS, GRMS, Executive Director

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*"The energy here is so warm, positive, healing, and nurturing. Thank you for creating a sacred space for those affected by addiction."*

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## Certified Family Recovery Specialists

A *Certified Family Recovery Specialist* (CFRS) is a family member who has lived experience with a loved one's alcohol or substance use disorder. As such, we have a unique perspective of the disease of addiction as well as the recovery process possible in families.

*Certified Family Recovery Specialists receive comprehensive professional training for their credentialing by the Pennsylvania Certification Board.*

### Meet Our Certified Family Recovery Specialists



Rhonda Miller, CFRS, GRMS  
Executive Director  
Speak Up for Ben, Inc.  
at OASIS Community Center  
[rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org)



Brenda Walker, CFRS  
Speak Up for Ben, Inc.  
at OASIS Community Center  
[brenda@oasisbethlehem.org](mailto:brenda@oasisbethlehem.org)

Call Us at 484-747-6825

### Understanding and Support

Our CFRS staff provide peer-based support, education, and recovery-oriented resources to family members in a safe and confidential setting.

### Connections to Resources

As part of the larger recovery community, we can provide guidance in identifying resources for you and/or other family members. We maintain a wide variety of information and contacts to connect you to the local agencies and services best suited to your individual needs.

## OASIS Support Groups

### Sharing Experience, Strength, & Hope:

Family members impacted by a loved one's substance use need support as part of their own recovery process. OASIS currently hosts the following groups.

- **Group Family Counseling** – Mondays, 5:00 to 6:30 pm \*
- **Adult Children of Alcoholics & Dysfunctional Families (ACA)** – Mondays, 7:15 to 8:30 pm
- **Co-Dependents Anonymous (CoDA)** – Tuesdays, 12:00 to 1:00 pm
- **Al-Anon Family Group** – Tuesdays, 7:00 to 8:00 pm
- **Bethlehem Parent & Family Group** – Wednesdays, 7:15 to 8:30 pm
- **Recovery Connection** (guest speakers) – Thursdays, 12:00 to 1:00 pm
- **GRASP (Grief Recovery After a Substance Passing)** – monthly on second Tuesday, 2:30 to 4:00 pm [Other meetings available.]
- **Early Grief Group Therapy** – Wednesdays, 5:30 to 6:45 pm \*
- **Bereaved Youth Group** – Thursdays, 4:00 to 5:30 pm \*
- **Bereaved Caregivers Group** – Thursdays, 4:00 to 5:30 pm \*
- **Bereaved Young Adults** – Sundays, 11:00 am to 12:30 pm \*

\* advance registration required

### Coming 2021...

- **SMART Recovery Program**
- **SMART Recovery Family & Friends Program**



*Our studio room accommodates larger meetings and workshops.*

# Grief & Loss Support

## Early Grief Group Counseling

This group is specifically for individuals who have recently lost a loved one due to a substance-related cause. Group sessions are led by a licensed professional counselor. The group meets weekly on Wednesdays from 5:30 to 6:45 pm. This program is offered free to participants, however registration is required. Contact us at [info@oasisbethlehem.org](mailto:info@oasisbethlehem.org) to register and for meeting information.

## GRASP (Grief Recovery After a Substance Passing)

GRASP is a peer-led support group for anyone who has lost a loved one due to a substance-related cause. Facilitated by Tim and Nancy Howe, founders of the Lehigh Valley Chapter of GRASP.

The OASIS group meets monthly on the second Tuesday, from 2:30 to 4:00 pm. Contact [rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org) for more information.



*Our library offers a cozy and inviting space for small groups meeting at OASIS.*

## Grief Recovery Method Series (offered bi-annually)

Based on the Grief Recovery Method, this will be an interactive series utilizing a handbook designed for individuals to work through any type of grief or loss that might hold someone back. Led by Rhonda Miller, a Grief Recovery Method Specialist, certified by the Grief Recovery Institute. Contact Rhonda at [rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org) to learn more.

## New for 2021

OASIS will be partnering with organizations such as the Center for Humanistic Change (CHC) and other community resources to bring a variety of supportive programming to grieving children, grieving caregivers, and grieving siblings.

## Bereaved Youth Group

A program to support minor children (ages 6 through 17) who have lost a parent(s) due to substance-related causes. Through bi-monthly gatherings offering a variety of fun and therapeutic activities, grieving kids will have an opportunity to engage with peers in a safe, comforting environment. Led by professional staff. Development of life skills and resiliency emphasized.

## Bereaved Caregivers Group

Designed for grandparents or other kinship caregivers who have lost a loved one due to a substance-related cause and are now raising the children of that lost loved one. This group offers a unique opportunity to connect, share parenting strategies, and develop resiliency with an emphasis on self-care. Led by a licensed professional counselor.

The Grieving Youth and Kinship Caregivers groups meet concurrently on the 2nd and 4th Thursdays of the month, from 4:00 to 5:30 pm at OASIS Community Center.

## Bereaved Young Adult Group

Young adults who have lost a sibling, partner, or friend due to substance-related causes are often overlooked. Facilitated by a licensed professional counselor, this group provides a healing environment to share stories, validate experiences, model coping skills, and find support. Offered as an 8-week series with a rolling admission. Meets Sundays, from 11:00 am to 12:30 pm, either in-person or virtually.

Contact Rhonda at [rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org) to learn more and/or to register for these new groups.

## Group Family Counseling Program

Speak Up for Ben, Inc. | OASIS Community Center has received a special grant to support families impacted by substance use conditions.

We have contracted an experienced licensed professional counselor who will help participants strengthen their resiliency, teach effective communication strategies, and aid in the family's recovery journey.

The group family counseling program is offered as a 10-week series with a rolling admission.

We encourage family members to attend together to achieve maximum benefit, however, you need not attend as a unit. Please note that this group is for family members and will not include the loved one with the substance use conditions.

This small group is completely confidential and meets on Mondays, 5:00 to 6:30 pm. Participants may meet in person, CDC-compliant, at the OASIS Community Center, or attend virtually via a secure Zoom link.

Advance registration required along with a modest registration fee per person to confirm participant commitment. All participants are required to complete a pre- and post-survey to gauge participant progress and to help us continuously refine the program.

Contact [info@oasisbethlehem.org](mailto:info@oasisbethlehem.org) for more information or to register.



*Our gathering room is used for yoga classes, meetings, and social events.*

## Supportive & Therapeutic Activities

### A Focus on Self-Care

While dealing with a loved one's substance use conditions, family members often overlook their own self-care. We are continually designing new programs to nourish the body, mind, and spirit:

- Book Studies
- Educational Programs
- Restorative Chair Yoga Classes
- Holistic Wellness Programs



*Our serenity room is a soothing spot to relax, decompress, and quiet your body, mind, and spirit.*

### Social Connections

So often, families struggling with a loved one's substance use or substance-related death feel isolated and alone due to the stigma associated with addiction.

OASIS provides you with opportunities to connect with other individuals and families through fellowship: \*

- Children's Outreach/Programs
- Dinners/Potlucks
- Special Events
- Support Groups
- Volunteer Activities
- Workshops

*\* In-person activities are conducted in a CDC compliant manner. Most activities are also available virtually via Zoom.*